

# USDA National Nutrient Database for Standard ReferenceRelease 28

## Nutrients: Beta-sitosterol (mg)

Food Subset: All Foods  
Ordered by: Nutrient Content  
Measured by: 100 g  
Report Run at: November 04, 2015 22:56 EST

NDB_No	Description	Beta-sitosterol(mg) Value Per
04518	Oil, corn, industrial and retail, all purpose salad or cooking	621.00
04678	Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)	426.00
42289	Oil, corn and canola	419.00
04582	Oil, canola	413.00
04610	Margarine, regular, 80% fat, composite, stick, with salt	275.00
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	275.00
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	275.00
04707	Oil, flaxseed, contains added sliced flaxseed	235.00
12201	Seeds, sesame seed kernels, dried (decorticated)	232.00
12152	Nuts, pistachio nuts, dry roasted, without salt added	210.00
12652	Nuts, pistachio nuts, dry roasted, with salt added	210.00
42231	Oil, flaxseed, cold pressed	206.00
12151	Nuts, pistachio nuts, raw	198.00
04044	Oil, soybean, salad or cooking	172.00
12040	Seeds, sunflower seed butter, without salt	170.00
12540	Seeds, sunflower seed butter, with salt added	170.00
19003	Snacks, corn-based, extruded, chips, plain	148.00
12132	Nuts, macadamia nuts, dry roasted, without salt added	145.00
12632	Nuts, macadamia nuts, dry roasted, with salt added	145.00
04615	Shortening, vegetable, household, composite	138.00
12147	Nuts, pine nuts, dried	132.00
12195	Nuts, almond butter, plain, without salt added	131.00
12695	Nuts, almond butter, plain, with salt added	131.00
12061	Nuts, almonds	130.00
12063	Nuts, almonds, dry roasted, without salt added	122.00
12563	Nuts, almonds, dry roasted, with salt added	122.00
12086	Nuts, cashew nuts, oil roasted, without salt added	119.00
12586	Nuts, cashew nuts, oil roasted, with salt added	119.00
12065	Nuts, almonds, oil roasted, without salt added	118.00

NDB_No	Description	Beta-sitosterol(mg) Value Per
12565	Nuts, almonds, oil roasted, with salt added	118.00
12665	Nuts, almonds, oil roasted, lightly salted	118.00
12142	Nuts, pecans	117.00
12154	Nuts, walnuts, black, dried	115.00
12087	Nuts, cashew nuts, raw	113.00
04611	Margarine, regular, 80% fat, composite, tub, with salt	112.00
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	112.00
02033	Spices, poppy seed	109.00
12062	Nuts, almonds, blanched	109.00
12121	Nuts, hazelnuts or filberts, blanched	108.00
12131	Nuts, macadamia nuts, raw	108.00
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	103.00
04025	Salad dressing, mayonnaise, regular	102.00
12120	Nuts, hazelnuts or filberts	102.00
12144	Nuts, pecans, oil roasted, without salt added	96.00
12644	Nuts, pecans, oil roasted, with salt added	96.00
25040	Snacks, vegetable chips, made from garden vegetables	95.00
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	94.00
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	94.00
12220	Seeds, flaxseed	90.00
12155	Nuts, walnuts, english	87.00
19904	Chocolate, dark, 70-85% cacao solids	86.00
19078	Baking chocolate, unsweetened, squares	85.00
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	81.00
12143	Nuts, pecans, dry roasted, without salt added	78.00
12643	Nuts, pecans, dry roasted, with salt added	78.00
16097	Peanut butter, chunk style, with salt	77.00
16397	Peanut butter, chunk style, without salt	77.00
09037	Avocados, raw, all commercial varieties	76.00
09038	Avocados, raw, California	76.00
19903	Chocolate, dark, 60-69% cacao solids	75.00
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	74.00
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	67.00
19902	Chocolate, dark, 45- 59% cacao solids	66.00
12078	Nuts, brazilnuts, dried, unblanched	64.00
04630	Margarine Spread, approximately 48% fat, tub	62.00

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19056	Snacks, tortilla chips, plain, white corn, salted	61.00
04641	Salad dressing, mayonnaise, light	48.00
16144	Lentils, pink or red, raw	47.00
43215	Salad dressing, buttermilk, lite	38.00
19120	Candies, milk chocolate	37.00
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	35.00
18168	Cookies, chocolate sandwich, with extra creme filling	34.00
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	31.00
36007	T.G.I. FRIDAY'S, french fries	28.00
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	27.00
36002	APPLEBEE'S, french fries	27.00
36014	Restaurant, family style, french fries	27.00
36610	DENNY'S, french fries	27.00
25059	Snacks, brown rice chips	25.00
11974	Grape leaves, raw	20.00
36607	CRACKER BARREL, steak fries	19.00
11973	Beans, fava, in pod, raw	18.00
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	13.00
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	13.00
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	12.00
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	10.00
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	7.00
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	6.00
01001	Butter, salted	4.00
01145	Butter, without salt	4.00
09286	Pomegranates, raw	4.00
11972	Lemon grass (citronella), raw	4.00
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	4.00
04677	Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil)	3.00
11977	Peppers, serrano, raw	3.00
14054	Beverages, almond milk, chocolate, ready-to-drink	3.00
04631	Margarine-like, vegetable oil spread, fat-free, tub	2.00
11165	Coriander (cilantro) leaves, raw	2.00
11976	Pepper, banana, raw	2.00
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	0.00
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	0.00

NDB_No	Description	Beta-sitosterol(mg) Value Per
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	0.00
01105	Milk, chocolate beverage, hot cocoa, homemade	0.00
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	0.00
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	0.00
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	0.00
03302	Babyfood, snack, GERBER GRADUATE YOGURT MELTS	0.00
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	0.00
11238	Mushrooms, shiitake, raw	0.00
11239	Mushrooms, Chanterelle, raw	0.00
11240	Mushrooms, morel, raw	0.00
11260	Mushrooms, white, raw	0.00
11265	Mushrooms, portabella, raw	0.00
11266	Mushrooms, brown, italian, or crimini, raw	0.00
11267	Mushrooms, shiitake, stir-fried	0.00
11268	Mushrooms, shiitake, dried	0.00
11269	Mushrooms, shiitake, cooked, without salt	0.00
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	0.00
11659	Sweet potato, cooked, candied, home-prepared	0.00
11798	Mushrooms, shiitake, cooked, with salt	0.00
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	0.00
11938	Mushroom, white, exposed to ultraviolet light, raw	0.00
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	0.00
11950	Mushrooms, enoki, raw	0.00
11987	Mushrooms, oyster, raw	0.00
11993	Mushrooms, maitake, raw	0.00
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	0.00
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	0.00
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	0.00
19205	Egg custards, dry mix, prepared with 2% milk	0.00
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	0.00
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	0.00